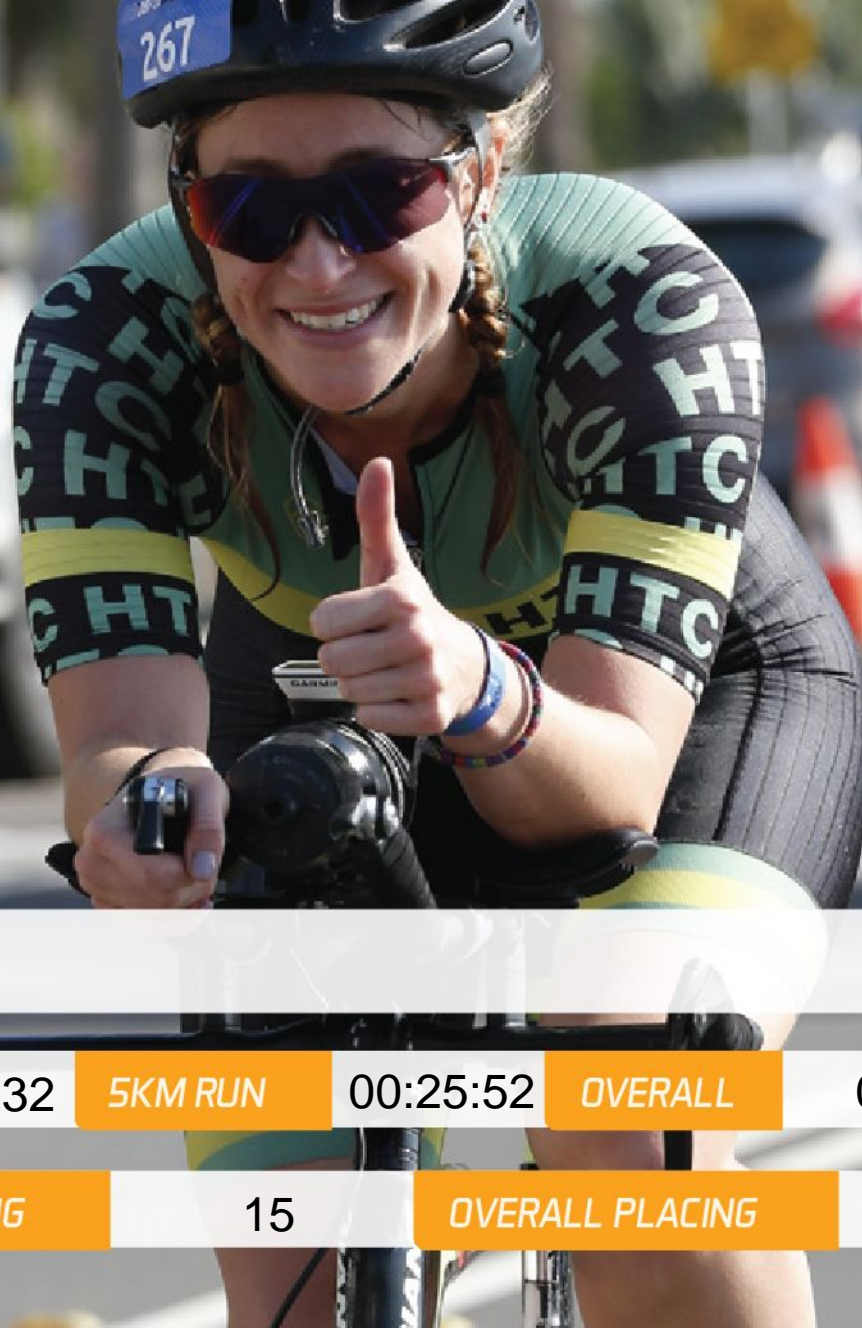




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



**SPRINT**

Mitchell HOCKEY

750M SWIM

00:16:19

20KM BIKE

00:37:32

5KM RUN

00:25:52

OVERALL

01:24:36

CATEGORY

20-24

CATEGORY PLACING

15

OVERALL PLACING

128

POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B&B Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEERS

McDonald's  
i'm lovin' it™

KIND

soto  
Coughing required

catfish